



PRE-EFFECT®

PRE-WORKOUT FORMULA

WATERMELON

NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

NET WT. 12.8 OZ. (363 g)

Supplement Facts

Serving Size: 1 Rounded Scoop (12.1 g)

Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrates	1 g	<1%†
Sodium (as sodium chloride)	30 mg	1%
Potassium (as dipotassium phosphate)	50 mg	<1%

Muscle & Strength Matrix

Creatine Monohydrate	3000 mg	*
Betaine Anhydrous	2000 mg	*
L-Leucine	2000 mg	*

Nitro Blend

L-Citrulline DL-Malate	500 mg	*
------------------------	--------	---

Energy & Endurance Complex

Beta-alanine (as CarnoSyn®)	1600 mg	*
Caffeine Anhydrous	200 mg	*
Rhodiola rosea Extract (root) std. to 3% Total Rosavins (3 mg)	100 mg	*

Antioxidant and Support

Grape Seed Extract (std 95% proanthocyanidins) (Vitis vinifera)(seed)	50 mg	*
Bromelain 2400 GDU/g	50 mg	*
AstraGin® (proprietary blend) (Panax notoginseng)(root)	50 mg	*

† Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Citric acid, natural and artificial flavor, acesulfame potassium, beet root powder (color), sucralose, xanthan gum.

Does not contain: Gluten, Preservatives, Artificial Colors.

DIRECTIONS: Mix one (1) rounded scoop (12.1 g) in 8 oz. - 12 oz. of cold water. Consume 30 - 45 minutes prior to training or physical activity.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

AstraGin® is a registered trademark of
NuLiv Science USA, Inc.

Natural Alternatives International (NAI)
is the owner of patents as listed on
www.carnosyn.com and registered
trademark CarnoSyn®.

CarnoSyn
Carnosine Synthesizer

Distributed by: Vitamin Shoppe, Inc. Secaucus, NJ 07094
Visit www.bodytech.com or call 1-800-223-1216
for more information and to reorder.

Item No. VS-2436 1761907

